

August 2007

RM News & Notes

Safety Tip of the Day



Columbia County Board of Commissioners Risk Management Department

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Web Page

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Conscious Choking-Adult

1. **CHECK** scene, then **CHECK** person.
2. Have someone **CALL 9-1-1**
3. Obtain Consent
4. Lean the person forward and give **5** back blows with the heel of your hand.
5. Give **5** quick, upward abdominal thrusts.
6. Continue back blows and abdominal thrusts until:
 - Object is forced out
 - Person can breathe or cough forcefully
 - Person becomes unconscious

Instructions provided by the American Red Cross.

Greater detail about several of these steps can be found on Page 2.

Message from the Risk Manager

Unless you've recently been through training for Standard First Aid and CPR, you may not realize that there have been some significant changes in the recommended response in several situations. While I realize this newsletter cannot substitute for hands-on training, I am attempting to give you some very basic guidelines for one of these "new and improved" procedures: specifically caring for a conscious, adult choking victim. I also would like to encourage you to sign up for a training class. Several departments have in-house instructors plus Risk Management offers various classes which are available to any county employee at no cost. While your job may not require this training, the skills you learn could possibly save a life. Check the training calendar on page 3 of this newsletter or call the Risk Management Department for more information.

Darlene

Safety Officer News and Notes

Choking is a breathing emergency that can lead to death.

The 2005 Consensus on Science for CPR and Emergency Cardiovascular Care suggests that a combination of back blows and abdominal thrusts is more effective in clearing an obstructed airway than a single technique.

A person with a partially blocked airway can still move air to and from the lungs so they can cough in an attempt to dislodge the object. Encourage them to continue coughing.

A person with a completely blocked airway is unable to cough, speak or breathe.

A person choking may clutch at his or her throat. This is generally known as the universal sign of choking.

Call 9-1-1 immediately for a choking emergency: Even if the object comes out, there is a chance that tissue in the airway may begin to swell, causing further complications. Plus, if you can't remove the obstruction, the person may lose consciousness and need advanced medical care. Time is critical.

How do you give the back blows?



Support the victim with one hand on the upper chest area as you lean them forward. Using the heel of your other hand, deliver 5 forceful blows in the center of the upper back, directly between the shoulder blades.

What about the abdominal thrusts?



Stand directly behind the victim. Place one foot between his/her feet and the other slightly to the side and back for stability. Reach around the victim and locate the belly-button with your index and middle finger. Make a fist with the other hand, reach around the victim and place your fist, thumb-side in, right above the belly-button in the center of the abdomen. Place other hand on top of your fist and give 5 quick, upward abdominal thrusts.

What do you mean obtain consent?

Identify yourself and offer assistance. Explain what you are doing. If the choking person indicates that they do not want your help, do not interfere. Make sure 9-1-1 has been called and remain close by. They may change their mind or if they lose consciousness, consent is implied and you can then render aid if you know what to do for the unconscious choking victim.

All Choked Up

Safety Stories

We were having a family birthday party at Ryan's Steak House. Suddenly, my brother grabs his throat and lurches up out of his chair. Our sister rushes over, grabs him and begins performing abdominal thrusts. Unfortunately, she was significantly shorter than he was, her hand placement appeared to be a bit high and she has limited upper body strength so her attempts were ineffective. I "second guessed" myself and hesitated to intervene as she is a nurse and certainly more experienced in medical emergencies than I am. Thankfully, a tall husky man at the neighboring table had no such problem. He pushed everyone out of the way, grabbed my brother around the waist and with one good thrust out flew a piece of steak. Things settled down and we finished our meal. It wasn't until the next day that it suddenly dawned on me that no one had called 9-1-1. Even knowing what to do, it's easy to forget things in the stress of the moment. You should always remember to call 9-1-1 as soon as you recognize an emergency.

Up Coming Events

Each program is advertised by Risk Management and is available to each employee of Columbia County and the city employees of Grovetown and Harlem. Additionally, the Defensive Driving Courses may be attended by immediate family members of employees, on a space available basis, for a nominal fee.

Pre-registration is required.

For additional information or to register contact Risk Management. 706-312-7475

Safety Review Board October 11, 2007

Defensive Driving

Course – 8 hour August 14, 2007
September 4, 2007
September 20, 2007
October 16, 2007

Defensive Driving

Course – 4 hour October 9, 2007

CPR/AED/First Aid August 23, 2007
October 25, 2007

County Office Closed September 3, 2007

AUGUST 2007

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Newsy Notes

There are two words in the English language that have all five vowels in order:

"Abstemious" (not indulging in or involving excessive eating or drinking)

"Facetious." (not to be taken seriously)

It is time to watch out for . . .



our school children.